

Dutchess County Office for the Aging's

AGING NEWS

For the week of May 25th

Note: the Office for the Aging and all Dutchess County Government offices are closed for Memorial Day on Monday, May 25th.

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

“REOPENING” – WHAT IT MEANS FOR SENIORS

You may have read about other regions of New York State “entering Phase One reopening” after the closures of many businesses and other facilities due to the COVID-19/coronavirus pandemic. Phase One reopening was close to happening in Dutchess County in recent days, and perhaps it will have happened

by the time you read this – but what does “Phase One reopening” mean?

It means that Dutchess County, together with several other Mid-Hudson counties, will have met seven health-related benchmarks established by state officials, as other regions of upstate New York have already done. Several types of businesses are covered by Phase One reopening: agriculture; construction; select curbside/in-store retail pickup; fishing and hunting; forestry; manufacturing; and wholesale trade.

What “Phase One reopening” also means is that it’s not time to let down our guard. Let’s keep doing the good work we’ve been doing to stay safe. Continue wearing face coverings as needed, maintain safe physical distancing when out in public, and keep your hands and high-touch surfaces clean. The better we do, the more likely it becomes that we can proceed to Phase Two reopening, where a wider range of businesses can re-open, including storefront retail, professional services, real estate and rental leasing.

After that is Phase Three, which focuses on the hospitality industry, a key driver of New York’s economy. Restaurants will be able to restart dine-in services, and hotels will be able to reopen their in-house restaurants, spas and gyms.

Finally comes Phase Four, covering school buildings, fitness facilities, and

theatre and entertainment venues. No matter what, though, schools in New York State will remain closed for the rest of the academic calendar.

OFA VOLUNTEERS STILL NEEDED, NOW AND THIS SUMMER

As the COVID pandemic evolves, the Office for the Aging's need for volunteers also evolves. If you are able to volunteer on weekdays during the midday hours in the Beacon area, please contact OFA Nutrition Services Coordinator Nimesh Bhargava at (845) 486-2545 or nbhargava@dutchessny.gov. We also expect to need volunteers in other areas of Dutchess County in the weeks and months to come.

This summer, we'll also need volunteers. Our annual Senior Picnic program was indefinitely postponed because of the pandemic, but we're working on a safe alternative to the picnics and we will surely need all the pairs of hands we can find. Call (845) 486-2555 or email bjones@dutchessny.gov.

POUGHKEEPSIE MEALS ON WHEELS ALSO NEEDS VOLUNTEERS

Besides the Office for the Aging's extensive Home Delivered Meals program,

the well-known Meals on Wheels organization also operates in many areas of Dutchess County. Right now their Poughkeepsie chapter needs volunteers, starting in June. To find out more, call (914) 475-8785.

VIRTUAL HEALTHY LIVING PRESENTATION

Science can provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Learn more in a virtual presentation from the Hudson Valley chapter of the Alzheimer's Association, Thursday, May 28th at 11:30 a.m. For more information, contact the Alzheimer's Association at (800) 272-3900 or email tedeluca@alz.org.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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ofa@dutchessny.gov website: www.dutchessny.gov/aging

MEMORIAL DAY CONVOY (Mon 5/25)

Dutchess County Executive Marc Molinaro and Marc Coviello, Director of the Dutchess County Division of Veterans' Services, have organized a convoy of county, police, fire and local municipality vehicles to traverse Dutchess County as part of this year's Memorial Day celebrations on Monday, May 25th.

After laying wreaths at the Dutchess County War Memorial in the Town of Poughkeepsie, the Memorial Day Convoy will depart at 11am escorted by Dutchess County Sheriff's vehicles that will be decorated by Leah Eddington, a local artist. City of Poughkeepsie Fire Department vehicles will join as the Memorial Day Convoy travels down Main Street, taking Route 9 south. City of Poughkeepsie Fire Department vehicles will join as the Memorial Day Convoy travels down Main Street, taking Route 9 south.

The route is as follows:

- Main Street in Poughkeepsie to Route 9,
- Travel south down Route 9 From Poughkeepsie to Wappingers & Fishkill,
- Take Route 52 to East Fishkill,
- Follow Route 82 from Fishkill to East Fishkill taking 376 into Hopewell

Junction,

- Beekman Road from Hopewell Junction to Beekman,
- Route 55 out to Pawling
- Route 22/343/44 to from Pawling through Dover/Amenia and up to Millerton,
- Route 199 to Pine Plains and Milan to Red Hook, and finally;
- Route 9 back down to Poughkeepsie, coming through Rhinebeck and Hyde Park.

As it travels throughout the county, each municipality will have official vehicles join the Memorial Day Convoy as it travels through their respective borders.

Residents are asked to please not gather in large group settings to watch the Memorial Day Convoy. To show support, residents are instead encouraged hang American flags along the convoy's route. For those families who live along the route, children are encouraged to paint and draw flags to be displayed in their windows, or on driveways.

Because of the COVID-19 global pandemic, many traditional Memorial Day celebrations have been cancelled or will not be open to the public. Many

municipalities, local VFW, and American Legion posts have chosen to hold private ceremonies to honor our servicemen and women who made the ultimate sacrifice, as well as join the Memorial Day Convoy.

For more information, contact Dutchess County Division of Veterans Services at (845) 486-2060.

PRESCRIPTION ASSISTANCE PROGRAMS AT DUTCHESS COMMUNITY ACTION

Do you live in northeastern Dutchess County, in the Towns of Amenia, Clinton, Dover/Wingdale, North East (Millerton), Pine Plains, Stanford, or Washington (Millbrook)? Do you need help paying for your prescriptions? Call Community Action Partnership's Dover Plains office at (845) 877-9272 to see if you qualify for ongoing monthly assistance with your prescription costs. Income restrictions apply. For more information go to www.dutchesscap.org.

CENTER FOR HEALTHY AGING WELLNESS TALKS GO VIRTUAL

Older adults are invited to better their knowledge about Alzheimer's and Parkinson's diseases and more during the Center for Healthy Aging's Virtual

Wellness Series this spring and summer. These educational talks are at 2 p.m. Mondays, beginning June 15. All presentations will be online-only due to the novel coronavirus and safety precautions.

To register, visit nuvancehealth.org/wellness or call Nancy Walsh at (845) 876-4745 (TTY/Accessibility: (800) 421-1220). All registrants will receive an email confirmation with the link to access the event.

Wellness series schedule:

Understanding Parkinson's Disease - 2 p.m., Monday, June 15 - with Dr. Jennifer Pallone, Movement Disorder specialist, Nuvance Health

Alzheimer's Communication and Behavior - 2 p.m., Monday, June 29 - with Tara DeLuca, care consultant and director of client assistance, Alzheimer's Association Hudson Valley Chapter. Email tedeluca@alz.org for more information.

The Wellness Checklist: A Whole Person Perspective - 2 p.m., Monday, July 13 - with Dr. Jodi Friedman, medical director and Allison Gould, social worker, Center for Healthy Aging

This week in senior birthdays:

5/23: Former Yankees manager Buck Showalter (64)

5/24: Singer/songwriter Bob Dylan (79)

5/25: Actor/activist/wizard Ian McKellen (81)

5/26: Sportscaster Brent Musberger (81)

5/27: Jazz composer Ramsey Lewis (85)

5/28: Singer-songwriter John Fogerty (Creedence Clearwater Revival) (75)

5/29: New York Knicks star and NBA Hall-of-Famer Richie Guerin (88)

And here's the weekly Bad Jokes for you to share with the grandkids.

How do Vikings send secret messages? Norse code.

USEFUL LINKS

[Centers For Disease Control](#)

(new) [Coronavirus Information specific to northeastern Dutchess County](#)

[Coronavirus Testing Sites in Dutchess County](#)

[Dutchess Business Notification Network](#) (DBNN)

[Dutchess Tourism Open Restaurant List](#) (Takeout/pickup/delivery only)

IRS Coronavirus Tax/Refund Information: www.irs.gov/coronavirus

[New York State Government](#)

[Office for the Aging Senior Friendship Center Contact Information](#)

Note: Friendship Centers are operating only as distribution hubs for the Home Delivered Meals program. They are not currently open to senior clients or the general public.

[Other Community Resources in Dutchess County](#) – this covers a little bit of everything, including a listing of what’s available in each municipality in Dutchess County.

[Scam Prevention Resources from the Office for the Aging](#)

[Spanish Language Coronavirus Information](#)